

Cardiovascular Disease Mortality and Risk Factors

in the Loup Basin Public Health Department Region



Loup Basin Public Health Department

Counties:

(Blaine, Custer, Garfield, Greeley, Howard, Loup, Sherman, Valley, and Wheeler)

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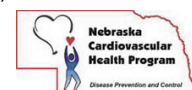
Age-adjusted mortality rates for each of the four CVD related causes of death in the Loup Basin Public Health Department region are not statistically different than those for all Nebraska residents. Consistent with adults in many Nebraska health districts, males, compared to females in the Loup Basin region are less likely to consume five or more servings of fruits and vegetables daily, less likely to have health care coverage (among those 18-64), and more likely to smoke cigarettes. Of the 18 local public health departments presented in this report, adults in the Loup Basin region rank the lowest in smoking prevalence (14.5%), significantly lower the state's average (21.9%). However, the percentage of adults in the Loup Basin region (30.6%) that do not engage in any leisure time physical activity is significantly greater than the percentage for all Nebraska residents (25.7%), ranking 16th highest out of the 18 health department regions.

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

Loup Basin Public Health Department

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Blaine, Custer, Garfield, Greely, Howard, Loup, Sherman, Valley and Wheeler	40.9 years	H.S Grad / GED or higher	86.0%	Number	Percentage
Total population	Median income				
33,122	\$29,966	Baccalaureate / Graduate degree	14.7%	White, non- Hispanic	32,449 98.0%
				Minority	673 2.0%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in Loup Basin Public Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	904	298.2	19.4	395	341.3	33.7	509	264.7	23.0	1.29 *
Heart Disease	684	226.3	17.0	308	267.4	29.9	376	192.4	19.4	1.39 *
Sudden Cardiac Death	348	116.3	12.2	167	146.3	22.2	181	93.7	13.7	1.56 *
Stroke	169	54.2	8.2	66	55.7	13.4	103	54.4	10.5	1.02

Source: Nebraska Vital Records

* The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in Loup Basin Public Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	352	61.6	6.2	142	57.8	9.7	210	65.4	7.7	0.88
² Diagnosed Diabetes	661	5.9	1.7	249	5.4	2.6	412	6.3	2.3	0.86
³ 5-a-day Consumption	437	18.4	4.4	161	11.1	5.2	276	24.0	6.4	0.46 ~
⁴ Diagnosed High Blood Cholesterol	253	30.7	6.6	98	28.1	10.2	155	33.0	8.6	0.85
⁵ Diagnosed High Blood Pressure	359	24.3	5.0	144	20.7	7.5	215	27.9	6.6	0.74
⁶ No Health Care Coverage, 18-64	428	15.6	4.2	167	19.3	7.3	261	12.2	4.3	1.58 *
⁷ Obese	633	21.8	3.7	247	24.5	6.1	386	19.4	4.3	1.26
⁸ No Leisure Time Physical Activity	569	30.6 **	4.6	216	33.3 **	7.5	353	28.3	5.5	1.18
⁹ Current Cigarette Smoking	661	14.5 ~	3.2	250	18.0 ~	5.7	411	11.6 ~	3.4	1.56 *

Source: Nebraska Behavioral Risk Factor Surveillance System

** The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

~ The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

* The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

~ The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days